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(54) Title: **FISH PROTEIN HYDROLYZATE**

(57) Abstract: The present invention relates to the use of a enzyme treated fish protein hydrolyzate (FPH). The FPH material lowers the concentration of cholesterol in plasma, and triglycerides in the liver. FPH also induces a favourable change in the fatty acid pattern, and lowers the concentration of homocysteine in plasma. A preferable embodiment of the invention relates to the use of FPH as an anti-atherogenic and cardio protective agent, either given as a pharmaceutical or as a functional food.

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